

# Centers for Advanced Orthopedics

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## ACL PATELLA TENDON AUTOGRAFT RECONSTRUCTION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISES
<b>PHASE I</b> <b>0 - 2 weeks</b>	Toe touch weight bearing with crutches*	<b>0-2 weeks:</b> locked in full extension for ambulation and sleeping	As tolerated Goal: Full Ext.	Heel slides, quad/hamstring sets, <b>patellar mobs</b> , prone hangs, gastroc/soleus stretch***, stationary cycling no resistance, SLR with brace in full extension until quad strength prevents extension lag, No active extension against gravity
<b>PHASE II</b> <b>2 - 6 weeks</b>	Gradually discontinue crutch use	Discontinue use when patient has full extension and no extension lag	Maintain full extension and progressive flexion	Progress to weight bearing gastroc/soleus stretch, begin toe raises, closed chain ext. balance exercises, hamstring curls and stationary bike No active extension against gravity
<b>PHASE III</b> <b>6 weeks - 4 months</b>	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advance closed chain strengthening, progress proprioception activities, begin Stairmaster/Nordic Trac and running straight ahead at 12 weeks with good functional testing. Delay until adequate strength and control. Use fast walking as substitute until ready.
<b>PHASE IV</b> <b>4 - 6 months</b>	Full	None	Full and pain-free	Progress flexibility/strengthening, progression of function: forward, backward running, cutting, grapevine, etc., initiate plyometric program and sport-specific drills May add open chain quad exercises
<b>PHASE V</b> <b>6 months and beyond</b>	Full	None	Full and pain-free	Gradual return to sports participation, maintenance program for strength and endurance. At patient's discretion, a functional ACL brace may be used, from 6 months to 1 year post-op Clear for sports when functional testing 90% of contralateral leg.

\*Modified with concomitantly performed meniscus repair/transplantation or articular cartilage procedure

\*\*\*This exercise is to be completed in a non-weight bearing position